

Abstract

Title: Case study of physiotherapy treatment of a patient with Dermatomyositis.

Aims: A summary of theoretical background, study of comprehensive rehabilitation methodology, proposal of therapy and evaluation of its effect in a patient with dermatomyositis.

Methodology: Review of literature and case study was made during practice in Institute of Rheumatology in Prague from 9. 1. to 3. 2. 2012. It has two parts. Theoretical part summarizes etiology, epidemiology, clinical manifestation, therapy and use of physiotherapy in dermatomyositis. A case study is presented in the special part. Therapeutical approach was prescribed according to the medical history and physical examination and its effect was assessed using kinesiology analysis at the end.

Results: In my patient back pain was decreased and the trunk stability was increased. Also the overall physical fitness increased as well as the stereotype of gait and endurance. Positive motivation and results of therapy the patient improved patient access to rehabilitation in general.

Key words: dermatomyositis, polymyositis, inflammatory myopathy, rehabilitation, physiotherapy, muscle weakness.